

2001 California Dietary Practices Survey

Table 84: Percent Trying to Lose Weight and Method Used

Question: Do you consider yourself to be overweight, underweight, or about average for your height? Are you presently trying to lose weight? What have you done to lose weight?

	Percent Trying to Lose Weight ¹	Method, Percent ²	
		Dieting	Exercising
Total	72	48	35
<i>Sex</i>			
Males	71	44	42 *
Females	73	51	30
<i>Males</i>			
18 - 24	73	33	52
25 - 34	68	51	39
35 - 50	64	37	44
51 - 64	85	38	46
65+	68	69	26
<i>Females</i>			
18 - 24	73	33	49 *
25 - 34	71	40	33
35 - 50	77	58	31
51 - 64	72	48	25
65+	71	59	21
<i>Ethnicity</i>			
White	73	48	34
Hispanic	70	44	40
Black	63	57	34
Asian/ Pacific Islander	87	52	32
<i>Education</i>			
Less than high school	60 *	58	29
High school graduate	75	47	39
Some college	73	50	35
College graduate	74	48	32
<i>Income</i>			
Less than \$15,000	69	56	31
\$15,000 - 24,999	71	47	35
\$25,000 - 34,999	79	38	47
\$35,000 - 49,999	73	53	26
\$50,000+	75	44	37
<i>Physically Active</i>			
Did not meet recommendations	69 *	54	28 ***
Met recommendations	77	40	44

¹ Out of those who consider themselves overweight

² Out of those who consider themselves overweight and are trying to lose weight

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test:

* p<.05

*** p<.001